

- d. Of the following, which is not one of the central goals proposed by *Healthy People 2020*?
- A. Eliminate preventable disease, disability, injury, and premature death.
  - B. Achieve health equity, eliminate disparities, and improve the health of all groups.
  - C. An increasing acceptance of integrative forms of health care including reikiology and herbals.
  - D. Promote healthy development and healthy behaviors across every stage of life.

7. Which term BEST describes the process in which individuals or groups gain increasing control over their health?

- A. wellness
- B. holistic health
- C. empowerment
- D. health promotion

8. Which of the following BEST illustrates group-oriented health promotion as described in your text?

- A. A small rural town attracts a new physician's clinic.
- B. A city receives federal funding to establish an AIDS awareness campaign.
- C. A new neighborhood is designed so that parks, stores, and medical clinics are easily reached by walking or by train.
- D. An inner-city neighborhood creates volunteer groups to clean up parks, organize a crime watch program, and offer youth sports leagues.

9. During which of Prochaska's Stages of Change would an individual think about making a change in behavior but have no actual intention of stopping in the next few months?

- A. Preprecontemplation Stage
- B. Precontemplation Stage
- C. Contemplation Stage
- D. Termination Stage

10. According to the text, to define health:

- A. one must first understand the dynamics of illness and death.
- B. it is important to focus on illness prevention and the postponement of death.
- C. it is important to look past illness prevention and the postponement of death.
- D. none of these is correct.

# Focus On Health 11th Edition

**Robert R. Redfield**



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